Learning Conversation Notes	
Name of Partner: U.C. Cooperative	Date: November 2, 2004
Extension Nutrition Education & Literacy	
Programs	
-	
Number of Children Served:	
Ready to Succeed - Off to A Good Start	<u>Lunch Box Program</u> - Nutrition
Literacy	
-	766 - Total Children
311 - Total Children	
	0-2-346
0-2-102	3-5-420
3-5-209	
	Male-340
Male-137	Female-426
Female-174	
	White-573
White-213	African Am-23
African Am-12	American Indian-5
American Indian-2	Hispanic-136
Hispanic-64	Asian-19
Asian-20	Unknown-10
When Served: July 1, 2004 to present	

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Conversation Participants: Sharon Junge, Michele Fisch, Paula Anderson, Caroline Hickson, Fiona Tuttle, Heidi Kolbe, Facilitator

Desired Outcomes:

- Maintain healthy lifestyles (sound nutrition, and exercise) resulting in healthy children.
- Have improved literacy knowledge and skills so that their children will be ready for school.
- Have on-going, easy access to up to date information and professional expertise relating to nutrition and literacy issues independent of First 5 funding.

Performance Measures:

Pre/post workshop surveys, pictures, anecdotes

What is this data telling us about achievement of outcomes?

Nutrition

685 parents participated in the Lunch Box workshops representing 756 children. The workshop survey was returned by 1/3 of the participants and showed that parents of preschoolers learned more about preparing appropriate serving sizes for healthy, safe lunches and reading food labels.

When asking questions about parent's behavior they are finding out through the parents' answers that the parents learned more than they thought they did. For example, the importance of keeping the food fresh by keeping it in the refrigerator or adding an icepack in the lunch pail, etc. Parents generally are packing healthier and safer lunches for their children.

Child care providers are following safer practices with food.

<u>Literacy</u>

20 parents returned the 7-week Off to A Good Start post workshop survey. Based on this return we learned that:

65% increase in parents reading more often to their children

75% have established a bedtime routine with their child

85% visited their child's school

75% had their child immunized

Parents seem to be gaining knowledge and skills and are applying the knowledge and skills in raising their children

Written Plan to sustain information and professional expertise relating to nutrition and literacy issues independent of First 5 funding.

No plan written yet.

Current Venues for this information:

Internet

News releases

Newsletters

Printed materials

Training other professionals

In what ways will we apply what we have learned from our data?

Nutrition

Continue the lunch box model to develop another nutrition and physical activity workshop

Literacy

Continue the off to a good start workshop as is – no changes needed.

General

Feedback from workshops is used to develop other workshop series.

Use the provider-training model for other workshops.

Continue to use incentives to get returns on surveys. For example, they offerd an insulated lunchbox and books

Other points that were made during the conversation:

Nutrition

In that past 6 months there are more people calling the nutrition program. The initial outreach is paying off.

Parents often over feed their children because they are not educated on appropriate serving portions.

Childcare providers are given the same messages taught in the workshops so parents are getting it from at least two places.

They received funding for a food stamp nutrition education program that uses materials developed through the First 5 contract.

Literacy

Each year the number of people reached increases by 1000

Surprised at the level of education of the parents (college degrees, etc)

The research is overwhelming on how important it is to read to children at an early age The workshop process is very experiential in that it uses a lot of hands on practice and modeling of behaviors

Helping parents to know what "school readiness" means from an elementary school teachers perspective helps the parents' readiness to send their child to school.

Children often learn their colors through playing with Play Dough

The sense of smell is the only sense that goes directly to the brain.

A 7-week workshop is a big commitment for parents. This may narrow that pool of potential participants. They are looking at different ways of marketing the workshop to increase participation. An indirect benefit of the 7 week model is that it allows parents to develops a support system

General referrals are made but they are not necessarily targeted to First 5 partners

Exploring what materials they can give CAPC home visitors to leave for their clients

Parents are reluctant to share assessments of their child but readily share information about their child's behaviors

Next Steps:

- Develop another series of nutrition and physical activity training for child care providers
- Develop the sustainability plan
- Continue to use information in developing future educational deliveries (newsletters, workshops)
- Next Learning Conversation: End of March 2005